During Deployment

General Eligibility

- Active duty, National Guard and Reserve Component service members
- Immediate family members
- Coast Guard when activated with the Navy
- Civilian Expeditionary Workforce

Private and Confidential

Privacy is protected

- Your personal information will not be
  - Provided to the military or chain of command
  - Shared with family or friends
  - Released to other agencies

Privacy Exceptions

- Duty to warn
- Suspected family maltreatment (domestic violence, child or elder abuse or neglect)
- Harm to self or others
- Illegal activity

Range of Support

Military OneSource: Something for Everyone

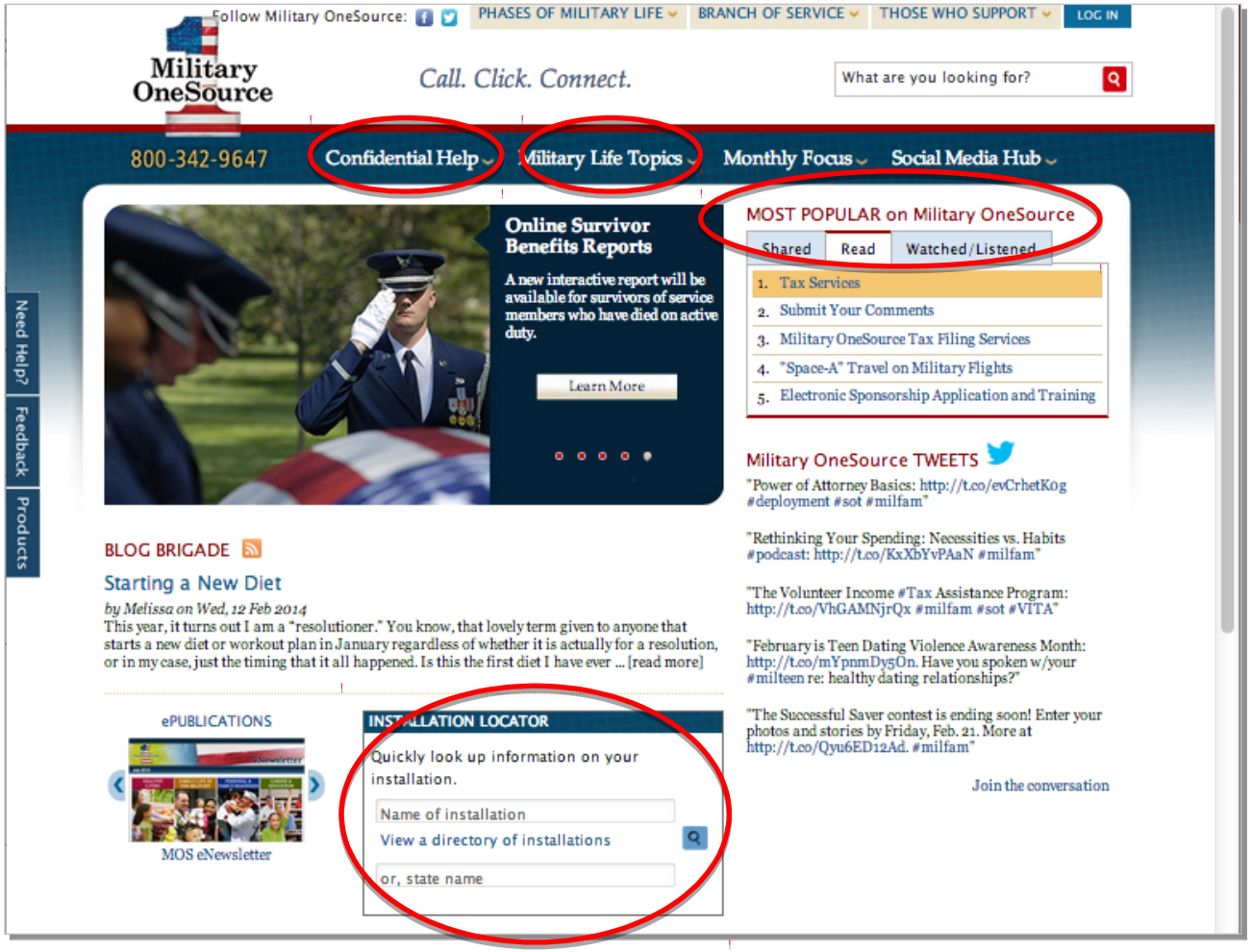
- Did you know Military OneSource has…
  - Smart shopping tips (audio clips)
  - Planning for your golden years (video)
  - Connecting with your child (booklet)
  - Dealing with your stress (downloadable)
  - Disaster preparation (webinar)

Military OneSource

Our Websites

Military OneSource

Military OneSource Homepage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2. Submit Your Comments
3. Military OneSource Tax Filing Services
4. "Space-A" Travel on Military Flights
5. Electronic Sponsorship Application and Training
Military OneSource TWEETS
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"Rethinking Your Spending: Necessities vs. Habits #podcast: http://t.co/KxXbYvPAaN #milfam"
"The Volunteer Income #Tax Assistance Program: http://t.co/VhGAMNjrQx #milfam #sot #VITA"
"February is Teen Dating Violence Awareness Month: http://t.co/mYpnmDy5On. Have you spoken w/your #milteen re: healthy dating relationships?"
"The Successful Saver contest is ending soon! Enter your photos and stories by Friday, Feb. 21. More at http://t.co/Qyu6ED12Ad. #milfam"
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Starting a New Diet
by Melissa on Wed, 12 Feb 2014
This year, it turns out I am a "resolutioner." You know, that lovely term given to anyone that starts a new diet or workout plan in January regardless of whether it is actually for a resolution, or in my case, just the timing that it all happened. Is this the first diet I have ever ... [read more]
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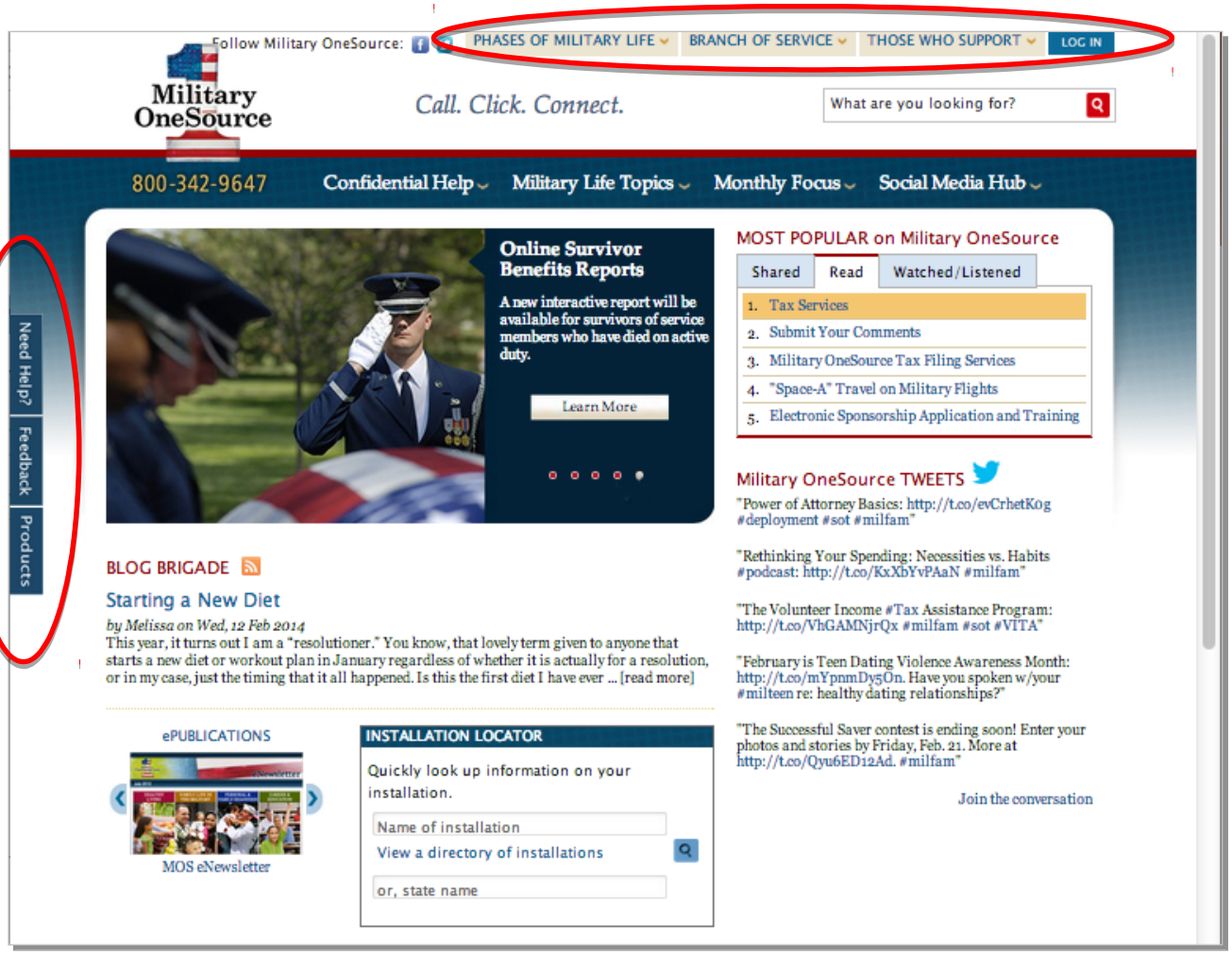
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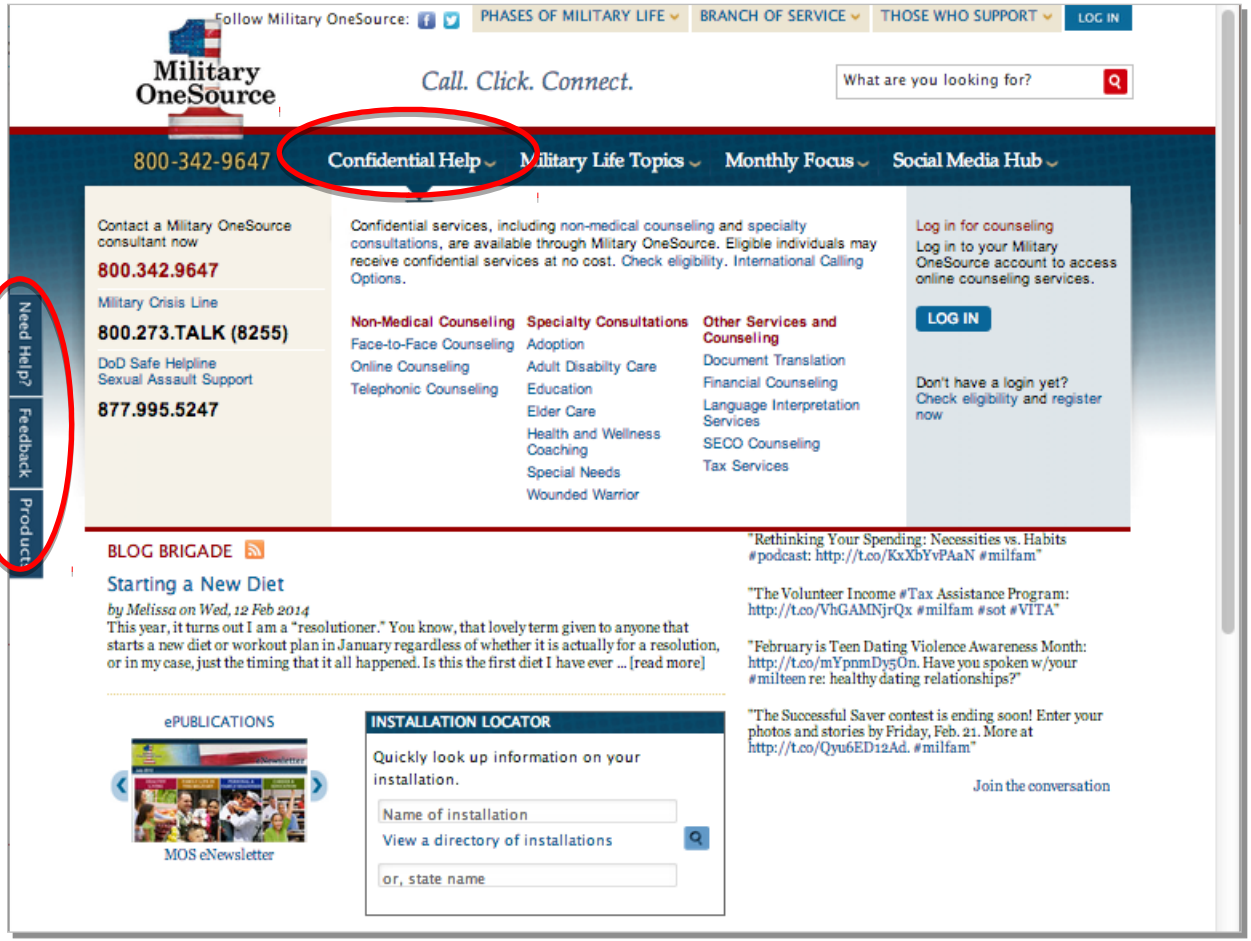
Confidential Help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Military Crisis Line
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Confidential services, including non-medical counseling and specialty consultations, are available through Military OneSource. Eligible individuals may receive confidential services at no cost. Check eligibility. International Calling Options.
Non-Medical Counseling
Face-to-Face Counseling
Online Counseling
Telephonic Counseling
Specialty Consultations
Adoption
Adult Disability Care
Education
Elder Care
Health and Wellness Coaching
Special Needs
Wounded Warrior
Other Services and Counseling
Document Translation
Financial Counseling
Language Interpretation Services
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Log in to your Military OneSource account to access online counseling services.
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Don't have a login yet?
Check eligibility and register now
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Maintaining the Homefront

Remember everyone who is impacted, and identify potential needs and resources.

- Spouses
- Children
- Extended family
- Friends
- Significant others

Spouses and Significant Others

Topics

- Keeping the relationship strong
- Managing changes in roles and responsibilities
- Handling stress

Resources

- “Emotional Cycle of Deployment: A Military Family Perspective” (article)
- “What Makes Marriage Last?” (podcast)
- Educational materials
- Non-medical counseling

Parenting

Topics

- Becoming a parent
- Parenting skills
  - Single parenting
  - Coping with deployment
  - Discipline and responsible behavior
  - Internet safety
- Adoption

Resources

- Toolkits
- Web links
- Educational materials
- Confidential specialty consultations

Extended Family and Friends

- Military OneSource
- MilitaryINSTALLATIONS
- Caregiver resources

Financial Services

Financial Counseling

- Budgeting and general financial management
- Debt management
- Housing counseling

Financial Planning

- Investing
- Retirement planning
- Planning for college
- TSP/401K/Pensions
- Traditional and ROTH IRAs
- Assistance in selecting a certified financial planner in the local community
- Tax questions and preparation

Health and Wellness Coaching

- Individual coaching sessions
  - Telephone-based
  - Online
- Health and wellness issues
  - Weight loss
  - Fitness and exercise
  - Nutrition
  - General health (stress management, resiliency, etc.)
- Health risk assessments
  - Individualized plans
  - Goal setting
  - Outreach and engagement
- Self-directed coaching
  - LivingEasy ™
  - LivingLean ™
  - LivingFit ™
  - LivingFree ™

Office of Spouse Well Being
Spouse Education and Career Opportunities Program

Career Exploration

Helps spouses to identify career interests and aptitudes, and obtain information about today's job market and work opportunities, including portable skills and careers, entrepreneurship and federal employment options.

The Military OneSource SECO Career Center
(800-342-9647) Comprehensive career counseling and assessments
interest/skill inventories

Education, Training and Licensing

Provides assistance identifying education, training and licensing/certification opportunities, as well as financial aid resource and scholarships for spouses.

Military Spouse Career Advancement Account (MyCAA) Scholarship
Non-DoD financial aid (FAFSA, University scholarships, Pell Grants) and
Post 9/11 GI Bill

Career Connections

Helps spouses to connect with corporations, government organizations and non-profits to gain meaningful, long-term, portable employment.

Military Spouse Employment Partnership
https://msepjobs.militaryonesource.mil
regional and local employers

Employment Readiness

Connects spouses to the service-led employment readiness efforts that help spouses prepare to join, remain or re-enter the workforce.

Job search strategies
Resume writing
Interviewing
Networking/Mentoring

Spouse Education and Career Opportunities Program

Military Spouse Career Center at Military OneSource

- **Spouse Education and Career Opportunities comprehensive counseling service available to ALL military spouses.**
- **Career exploration and discovery**
- **Education, training and state licensing/credentialing requirements**
- **Employment readiness**
- **Career connections**
- https://www.militaryonesource.mil/ **and** https://myseco.militaryonesource.mil

My Career Advancement Accounts Scholarship Program

- **Financial assistance for spouses of Service members in pay-grades of E1-E5, O1-O2 and W1-W2**
- **Up to $4,000 for education/training and license/credential in a portable career**
- **Financial assistance provided to more than 43,000 spouses in fiscal year 2012**
- **https://aiportal.acc.af.mil/mycaa/**

Military Spouse Employment Partnership

- **Web-enabled employment and career partnership connect military spouses with vetted Fortune 500 PLUS employers – 231 corporate partners**
- **Partners' Statements of Support to increase employment, provide career promotion opportunities and ensure pay equity for military spouses**
- **Spouse Ambassador Network**
- **https://msepjobs.militaryonesource.mil/**

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Tweet 0
+1 1
Share
Military OneSource
Find information to support you through every phase of military life.
Military Community and Family Policy
Join the conversation on the latest quality of life information and policies.
Military Spouse Employment Partnership
Stay informed of latest career opportunities and connect with other military spouses.
Upcoming WEBINARS
All Webinars
Select a title to learn more and register.
Mar. 12 Moving with an IEP - 10:00 a.m. EST
Mar. 14 Moving with an IEP - 6:00 p.m. EST
View all webinars
Looking for past webinars? View the archives.
BLOG BRIGADE
Use It Up, Wear It Out, Make It Do or Do Without!
by Kelli on Thu, 21 Feb 2013
During the Great Depression, just prior to the U.S. involvement in World War II, the phrase "Use it up, wear it out, make it do or do without" was more than a family adage; it was a national truism. Today's national truism is "Get it now, get it fast and if it breaks, get a ... [read more]
VIDEOS
All Videos
CJCS with Rosita singing "Sunny Day"
May 10, 2012 | 495 Views
DISCUSSION BOARDS
An online platform where participants can discuss topics related to military life that are important to service members and their families.
MODERATED CHATS
Live, interactive online events where you can share your ideas, opinions, and experiences on a variety of topics.
WIDGETS
Widgets are online applications that display featured information on your web page, blog, social networking site, or other sites.
SOCIAL MEDIA GUIDE (PDF)
Guidelines structured to provide open, interactive social media channels where all users can engage and connect.
PODCASTS
All Podcasts
Disaster Preparedness
Listen
Transcript (PDF)
MOBILE
Call. Click. Connect. Right from the palm of your hand! Go mobile!
Need Help?
Feedback
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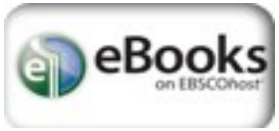
Online Library Resources

Audio books, e-books, research, tutoring, exam prep, résumé builder and more!



Military OneSource

Access

You can expect:

- 24/7/365 worldwide access
- Master's-level consultants to answer your questions
- Objective, experienced and caring people
- Up-to-date and useful information
- No cost
- A commitment to quality

Toll-Free telephone
800-342-9647

MilitaryOneSource.mil

m.MilitaryOneSource.mil

Email your questions
to a consultant

Interaction with trained
outreach professionals

Questions?

Call. Click. Connect.

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